

TENNIS LESSONS



Quick Start Tennis

This program works by getting children involved in the game immediately. Specially designed nets and color-coded balls created by the USTA (United States Tennis Association) have revolutionized the game for beginning players. Within the first hour of stepping onto the court, children are playing the game, rallying with one another, and having fun. Scaling the game and court down to their size helps make the learning process easier and more fun, giving children confidence by seeing their own immediate progress, making them more enthusiastic about continuing to play and improve. Green level classes prepare players to enter the Tennis Tournament Group: Novice level for players seeking more competitive direction.

6 Classes Instructor: Arora Tennis

Small Groups (3:1 ratio)

Red

4 - 6 Years \$149 Res/\$179 Non-Res

Fallon Sports Park

Mon 1/4-2/8 3:15-4:00 PM [Activity #40930](#)

Wed 1/6-2/10 3:45-4:30 PM [Activity #40931](#)

Emerald Glen Park

Sat 1/9-2/13 2:15-3:00 PM [Activity #40933](#)

Schaefer Ranch Park

Sun 1/10-2/14 2:15-3:00 PM [Activity #40936](#)

Orange (Beginner)

7 - 12 Years \$199 Res/\$239 Non-Res

Fallon Sports Park

Mon 1/4-2/8 4:00-5:00 PM [Activity #40937](#)

Thu 1/7-2/11 4:00-5:00 PM [Activity #40939](#)

Emerald Glen Park

Sat 1/9-2/13 3:00-4:00 PM [Activity #40940](#)

Schaefer Ranch Park

Sun 1/10-2/14 3:00-4:00 PM [Activity #40943](#)

Green (Intermediate)

7 - 12 Years \$299 Res/\$359 Non-Res

Fallon Sports Park

Mon 1/4-2/8 5:00-6:30 PM [Activity #40944](#)

Thu 1/7-2/11 5:00-6:30 PM [Activity #40946](#)

Regular Groups (6:1 ratio)

Red

4 - 6 Years \$89 Res/\$117 Non-Res

Fallon Sports Park

Fri 1/8-2/12 3:45-4:30 PM [Activity #40932](#)

Sat 1/9-2/13 10:15-11:00 AM [Activity #40934](#)

Kolb Park

Sun 1/10-2/14 10:15-11:00 AM [Activity #40935](#)

Orange (Beginner)

7 - 12 Years \$119 Res/\$143 Non-Res

Fallon Sports Park

Tue 1/5-2/9 4:00 PM-5:00 PM [Activity #40938](#)

Sat 1/9-2/13 11:00 AM-12:00 PM [Activity #40941](#)

Kolb Park

Sun 1/10-2/14 11:00 AM-12:00 PM [Activity #40942](#)

Green (Intermediate)

7 - 12 Years \$119 Res/\$143 Non-Res

Fallon Sports Park

Tue 1/5-2/9 5:00-6:00 PM [Activity #40945](#)

Sat 1/9-2/13 12:00-1:00 PM [Activity #40947](#)

Kolb Park

Sun 1/10-2/14 12:00-1:00 PM [Activity #40948](#)

Private Tennis Lessons

Private and semi-private lessons are available for all ages. Lessons are held at an agreed-upon date, time and location. Instructor descriptions and registration information is online at www.DublinRecGuide.com. Click on Programs, then Children's Classes, then Children's Sports.

Register online at www.DublinRecGuide.com, or at Shannon Community Center,
11600 Shannon Avenue, Dublin. Questions? Call (925) 556-4500.

Tennis Tournament Group: Novice

Lessons focus on stronger stroke production and point development, concentrating on players ready to compete in Novice level USTA tournament play. **Prerequisite:** Quick Start Green Intermediate. Instructor/student is 1:6.

6 Classes Instructor: Arora Tennis

7 - 15 Years \$159 Res/\$191 Non-Res

Fallon Sports Park

Wed 1/6-2/10 4:30-6:00 PM [Activity #40949](#)

Fri 1/8-2/12 4:30-6:00 PM [Activity #40950](#)

Tennis Tournament Group: Challenger

Lessons focus on point play and shot strategy; participants should already possess solid strokes. This two-hour class focuses on players ready to compete in Challenger level USTA tournament play. **Prerequisite:** Novice Tournament Group. Instructor/student ratio is 1:6.

6 Classes Instructor: Arora Tennis

7 - 18 Years \$199 Res/\$239 Non-Res

Fallon Sports Park

Mon 1/4-2/8 6:30-8:30 PM [Activity #40951](#)

Wed 1/6-2/10 6:00-8:00 PM [Activity #40952](#)

Tennis Tournament Group: Open

Lessons focus on high level competition with an emphasis on conditioning. This two-hour class concentrates on those players ready to compete in Open level USTA tournament play. **Prerequisite:** Challenger Tournament Group. Instructor/student ratio is 1:6.

6 Classes Instructor: Arora Tennis

7 - 18 Years \$199 Res/\$239 Non-Res

Fallon Sports Park

Tue 1/5-2/9 6:00-8:00 PM [Activity #40953](#)

Thu 1/7-2/11 6:30-8:30 PM [Activity #40954](#)

Tennis Tournament Group: Championship

Lessons focus on very high-level competition with a strong emphasis on conditioning. This two-hour class focuses on players ready to compete in Championship level USTA tournament play. **Prerequisite:** Open Tournament Group. Instructor/student ratio is 1:6.

6 Classes Arora Tennis

7 - 18 Years \$199 Res/\$239 Non-Res

Emerald Glen Park

Mon 1/4-2/8 6:00-8:00 PM [Activity #40955](#)

Wed 1/6-2/10 6:00-8:00 PM [Activity #40956](#)

ADULT CLASSES

Cardio Tennis

Looking for an ideal alternative to working out in the gym? Cardio Tennis is a new, fun group activity with drills to give athletes of all abilities the ultimate, high-energy workout. Taught by a United States Professional Tennis Association (USPTA) teaching professional, it includes a warm-up, cardio workout, and cool-down phase. If you want a new way to get in shape and burn calories, try Cardio Tennis! All playing levels are welcome. Instructor/student ratio is 1:7.

6 Classes Instructor: Arora Tennis

18 Years+ \$109 Res/\$131 Non-Res

Emerald Glen Park

Tue 1/5-2/9 7:00-8:00 PM [Activity #40957](#)

Fallon Sports Park

Sat 1/9-2/13 8:00-9:00 AM [Activity #40958](#)

Tennis 101

Learn a sport that you can enjoy for a lifetime with this easy, step-by-step lesson plan. Participants will receive plenty of individual attention in this class for those with minimal or no previous tennis instruction. Basic fundamentals will be covered, with a focus on developing solid techniques. Instructor/student ratio is 1:6.

6 Classes Instructor: Arora Tennis

18 Years+ \$119 Res/\$143 Non-Res

Fallon Sports Park

Sat 1/9-2/13 9:00-10:00 AM [Activity #40960](#)

Tennis 102

Intermediate players—this class is for you! Continue to develop solid techniques and further strengthen your skill level. Instructor/student ratio is 1:6.

6 Classes Instructor: Arora Tennis

18 Years+ \$119 Res/\$143 Non-Res

Emerald Glen Park

Sat 1/9-2/13 9:00-10:00 AM [Activity #40961](#)